



Freeport High School

February

# BREAKFAST

**M**



Pancake Bites w/  
Maple Drizzle

**T**

French Toast Sticks  
w/ Sausage

**W**

Whole Grain Donuts  
w/ Strawberry or  
Vanilla Glaze

**T**

Breakfast Platter: Eggs,  
Choice of Meat, Breakfast  
Potato

**F**

Assorted Breakfast Burritos

start your  
day the right  
way.

- FRUIT AND YOGURT SMOOTHIES AND PARFAITS
- BAGELS AND CREAM CHEESE
- EGG AND CHEESE SANDWICHES WITH SAUSAGE OR HAM
- ASSORTED MUFFINS
- COLD CEREALS WITH MILK
- WHOLE GRAIN BREAKFAST FLATBREADS AND PIZZAS
- 100% FRUIT JUICES
- LOWFAT AND NONFAT MILKS

- FULL PRICE MEAL: \$1.70
- REDUCED PRICE MEAL: FREE
- ADULT MEAL: \$2.10



RSU 5 SCHOOL NUTRITION PROGRAM

An equal opportunity provider and employer. Call 207-865-0928 x 4 for more information.